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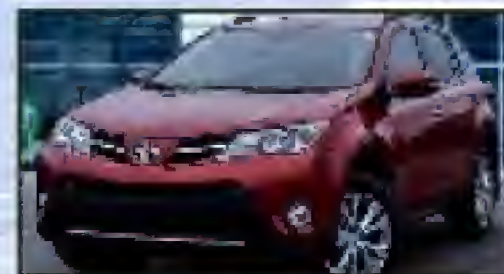
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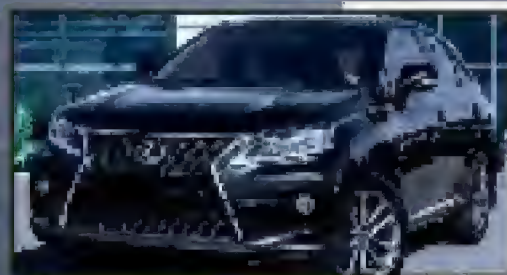
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Mark Sawdon was on hand at the Calgary International Airport to assist travellers navigating the terminal. ELIZABETH CAMERON/FOR METRO

True toll of opioids revealed

metro EXCLUSIVE

Officials can't
focus efforts on
fentanyl alone,
expert argues



Kevin
Maimann
Metro|Edmonton

Fentanyl has been the deadliest opioid in Calgary, but other drugs are collectively doing more harm in our sister-city.

Statistics released for the first time in the provincial government's Opioids and Substances of Misuse Alberta Report show more people in Edmonton fatally overdosed on other types of opioids.

While 52 people died of fentanyl in Edmonton from January through September of this year, 63 fatally overdosed on opioids other than fentanyl. In Calgary the reverse is true, with 82 fentanyl-related overdoses and 37 related to opioids other than fentanyl.

Despite the differences, the numbers point to a broad problem Alberta faces, says Elaine Hyshka, assistant professor with the University of Alberta's school of public health.

"What it really says is you

need to approach the problem of overdoses as comprehensively as possible," Hyshka said. "Focusing just on one substance or another substance, or whatever tends to be in the news cycle at the time, is not a comprehensive approach."

Fentanyl still tops the province-wide opioid death toll at 193, while deaths from other opioids have hit 143 so far this year.

Hyshka said the new collection of comprehensive overdose stats, as well as the recent announcement of funding for supervised consumption sites, are steps in the right direction for addressing drug misuse in Alberta.

Dr. Hakique Virani, a public-health doctor and director of Metro City Medical Clinic, said the numbers show prescription opioids are a huge problem, particularly among users in the inner city.

"We had suspected that they were also using other prescription opioids. So this confirms that this is indeed the case," he said. "We continue to have a serious problem with prescription opioids in addition to illicit (like fentanyl)."

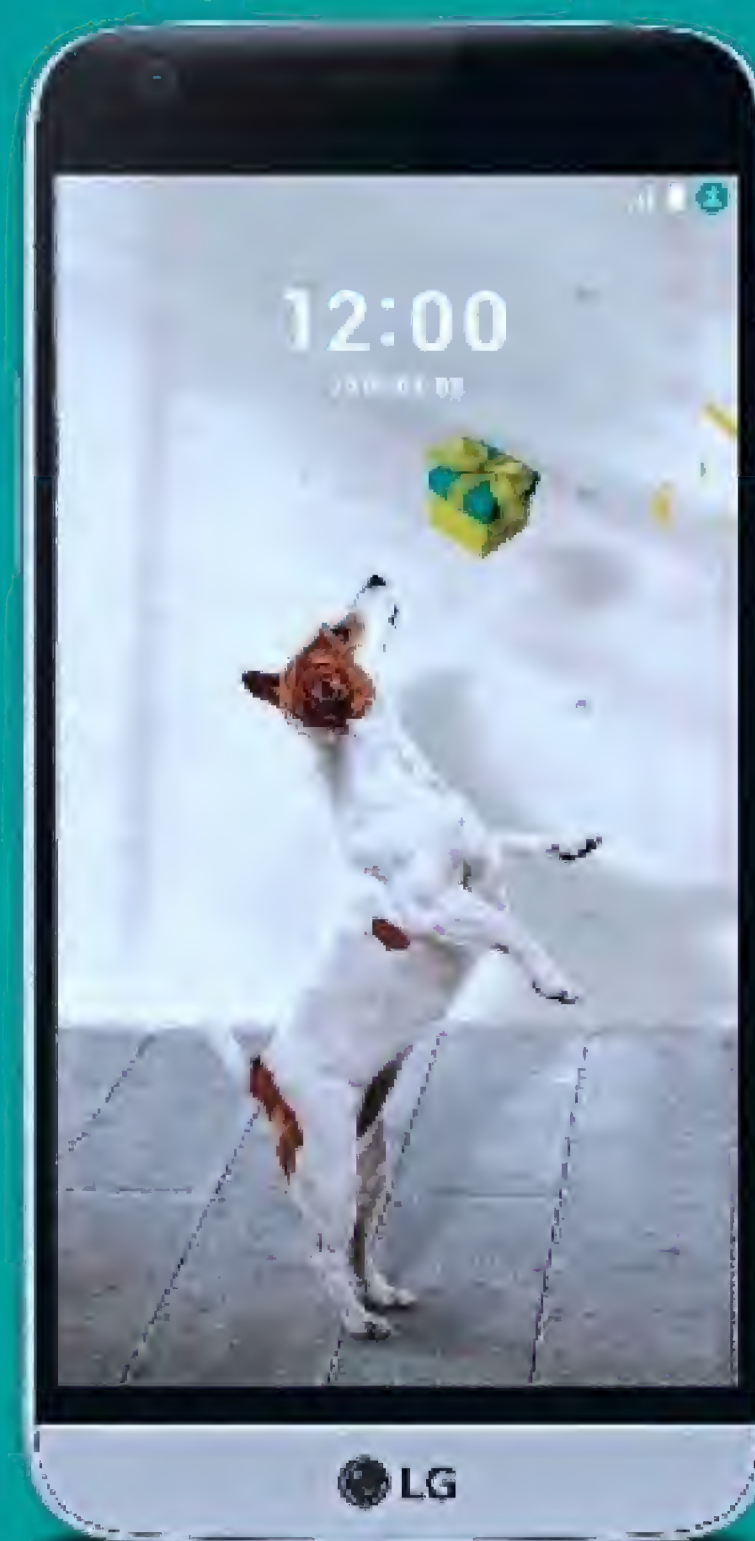
The report also states 26 per cent of people who die from opioid overdoses in Alberta have no fixed address.

Reactions to the new International Terminal metroNEWS

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Trucking company says racist slur sticker 'a joke'

INDIGENOUS WOMEN

Image of front grill has gone viral on social media



Josie Lukey
For Metro | Calgary

A photo taken of a truck with a sticker above the front grill has gone viral on social media as a result of its derogatory language towards indigenous women.

The sticker, which read "One Squaw Too Many," was spotted in the area of Grande Cache, Alta. and has some wondering if charges should be laid for hate speech.

Grande Cache RCMP confirmed they received a complaint about the truck and have dealt with the matter, declining to go into anymore detail. No charges have been laid against the company.

Metro reached out to truck owner Larry's Water Hauling and spoke to a representative, who declined to give a name. They said the sign was meant as a joke to talk one driver into leaving his significant other.

The company also said the individual who took the photo was standing 10 feet away and could have walked up and said they were offended instead of posting to social media.

The representative said the sign was taken off five minutes after the photo was taken.

Aseniwuche Winewak Nation (AWN), a nation of six aboriginal settlements surrounding Grande Cache, has said it's discouraging to see this type of behaviour in the workplace and added discriminatory language of any kind should not be tolerated anywhere.

"One of Aseniwuche Winewak Nation's goals is to improve relationships between indigenous and non-indigenous peoples.

"We are striving to build self-reliance as a community, and one of the ways we do so is by working with the energy sector," a statement from AWN read.

AWN also said they are following up with companies in the area and it would be a sign of good faith if appropriate action was taken including removing the discriminatory language, restoring relationships with the community and promoting a respectful work environment.

Sandra Jansen, MLA for Calgary-North West who shared the post on social media, said when she saw the post it made her blood boil.

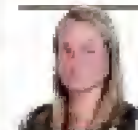
"There's absolutely nothing funny about this when across the country we're defining the parameters of the Missing and Murdered Indigenous Women Inquiry and talking about some serious endemic problems," she said.



No charges have been laid against the company or the driver of the vehicle according to RCMP.
FACEBOOK

COMMISSIONERS

Police critical of comments to media



Lucie Edwardson
Metro | Calgary

The Calgary Police Commission released a statement Tuesday that appeared to call out a city councillor for speaking to the media.

The statement expresses concern about ongoing negative stories in the media about the CPS.

Without naming anyone specific, the statement said CPC doesn't think it's appropriate for commissioners to speak about issues within the CPS outside of monthly commission meetings.

"A number of parties have raised concerns about certain commissioners speaking out of turn in public regarding this issue," reads the statement. "Only the chair and, when delegated, the vice-chairs of the commission speak officially," reads the statement.

It goes on to say the commission would like these questions to be raised at public meetings where questions can be addressed to the chief of police.

The commission says it is overseeing reforms that stem from the 2013 Calgary Police Service workplace review, but members are concerned that their role is being cast into doubt.

"We have a zero tolerance policy for workplace harassment. While we do not have a mandate to deal with individual personnel matters, we are able to provide policy oversight and examine whether any systemic issues exist," said the statement.

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Terminal a departure from the past

INFRASTRUCTURE

City welcomes arrival of new technologies and design

Elizabeth Cameron
For Metro | Calgary

Calgary's new International Terminal opened up to travellers at 3 a.m. Monday morning.

The first flight has taken off, but what do Calgarians think? "It's spacious. It's actually quite nice," said Charles Morris, who was dropping someone off at the new terminal.

The new terminal is bright, open, and streamlined. Most of the displays inside are by artists from Alberta.

Departing travellers can choose to check in with their airline directly, or use one of the six automated check-in kiosks, which are standard to any carrier.

"They (the kiosks) ask for your phone number, which I didn't like, but you can skip it," said Shauna MacRae, who



was travelling to the U.S. from the new terminal.

"It was slightly faster," said Loetta Cole, who also used the automated kiosks to check in.

A shuttle service, YYC Link, was launched at the same time as the new terminal. The new

transit system has four stops in total, so travellers don't have to walk between concourses.

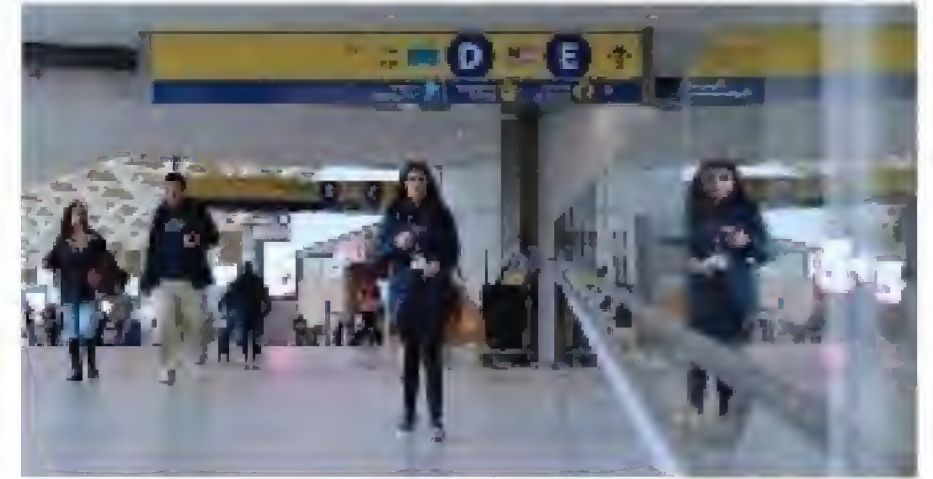
There is a new call-to-gate system, which is the first of its kind in North America.

Gates are assigned about an

hour before a flight departs, but passengers can roam the terminal as they please until it's time to board.

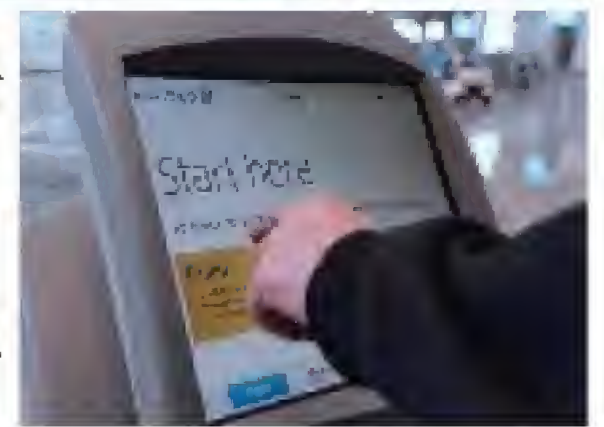
All gates are within a five-minute walk of the central area.

"It basically allows people



Scenes from the new international terminal. **Left:** The new electric YYC Link shuttles will help people get around the massive facility. **Right:** New multi-airline self check-in kiosks are already up and running.

ELIZABETH CAMERON/
FOR METRO



to be in a central area, where they can shop, eat, or relax. It's a nice place to wait," said Mark Sawdon, one of approximately 160 newly hired Customer Care Ambassadors with the Calgary International Airport.

Plenty of the ambassadors were on hand to answer any

questions travellers might have.

"The new terminal is so automated — but we're around to guide people through," Sawdon said.

"We've had very positive reaction. People are saying it's beautiful and different."

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MASH MARKETING



The investigation focused on a white SUV on Riverbend Drive SE. LUCIE EDWARDSON/METRO

One dead following Riverbend shooting

CRIME

Police say the male victim was likely targeted

Lucie Edwardson
Metro | Calgary

One person is dead following a shooting in the city's southeast Monday morning.

Insp. Don Coleman said at approximately 10:50 a.m., police were called to reports of a shooting in the 100 block of Riverbend Drive SE. Upon arrival, a man in his 20s was found with serious injuries in the backseat. He was pronounced dead and not transported to hospital.

Monday morning, police could be seen investigating at a white mid-sized SUV where what appeared to be a foot was hanging out the door at that address.

Doug Chambers has lived in the neighbourhood for more than two decades. He said he was walking home from Carburn Park when he heard a series of bangs.

"It's really weird because I actually was walking up from the park and heard what I think was three rapid—and one afterwards—bangs," he said. "There is somebody working on a roof down there so I just thought that's what it was."

Chambers said once he was home he heard on the news what had happened, and then saw several police cars rush down his street.

"It's a little surprising, there is more flashing lights than we've seen in this neighbourhood in the last five years," he said.

Police said a dark-coloured minivan is believed to have fled the scene. They believe this was a targeted attack and that there is no ongoing danger to the public.

"There is some earmarks of similarities between other homicides we've had but it's still too soon to tell," he said.

A specific motive for the shooting is not yet known.

Coleman said the victim is known to police, but wouldn't say in what capacity.

When asked if recent police searches in the neighbourhood

of backyards at surrounding areas were related to this incident, Coleman said he couldn't confirm that information so early in the investigation.

Another neighbour, Ian, who asked his last name not be used, said he saw the police arrive on scene.

"I was getting something from my car when I saw the police cars coming down the street at high speed," he said. "I thought something interesting must have happened."

Ian said he's lived in the neighbourhood for 24 years and said bad things can happen anywhere.

"Bad things happen in this world. The fact that it's in my neighbourhood—well it's a little closer to home—but I've always felt safe in this neighbourhood," he said.

Having a large police presence doesn't bother Ian either.

"I'm glad that they're here to respond, that's why we have them," he said.

Riverbend School was briefly put on lockdown following the incident, but the order was lifted shortly after.

STUDY

Changes to royalties boost province's competitiveness

A new report says changes to the Alberta royalty regime will help make Alberta more competitive than its neighbouring provinces for conventional oil investment.

The paper out Monday from the University of Calgary School of Public Policy found that changes to the royalty system

will bring the marginal effective tax and royalty rate for conventional oil projects in Alberta from 35 per cent to 26.7 per cent when it goes into effect Jan. 1.

Study authors Jack Mintz and Daria Crisan found the change will switch Alberta from having one of the highest to one of the

lowest rates among its peers, including ahead of British Columbia and Saskatchewan.

The study, which pegged B.C.'s rate at 28.7 per cent and Saskatchewan at 32.6 per cent, did not take into account other regulatory and carbon policies that affect competitiveness.

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Calgary Zoo celebrates big birthdays for big game duo

CONSERVATION

Handlers tell how far these party animals have come

Elizabeth Cameron
For Metro | Calgary

The Calgary Zoo celebrated two important birthdays this week.

Moshi the giraffe turned one on Oct. 22, and Lobi the hippo celebrated his 10th birthday on Halloween.

"We always make a big deal of birthdays, and invite the public to join in," said Mona



29

The total number of giraffes living in Canada. Giraffes have been bred at the Calgary Zoo since the 1960s.

Keith, an African Savannah keeper at the Calgary Zoo.

A crowd sang the two animals happy birthday, and each were given their favourite treats — watermelon and pumpkin — to munch on.

Hippos typically live until their late 40s, which makes Lobi a teenager.

"He's always trouble," said Keith.

The young giraffe, whose enclosure is beside Lobi's in the African Savannah building, was more interested in the crowd than her treats.

When Moshi was born, she was six feet tall.

Today, she stands at over 10 feet, but is still significantly shorter than the rest of her tower (did you know a group of giraffes is called a tower?).

Newborn giraffes typically stand and take their first steps within an hour of being born, or zookeepers become



Lobi the hippo enjoys a birthday feast of watermelons and pumpkin. Left: Moshi the giraffe has just turned one, and she's very curious. PHOTOS: ELIZABETH CAMERON/FOR METRO

worried.

"Moshi was textbook," according to Keith.

Her mother, Carrie, is 23.

Moshi is her fourth calf.

"Every single keeper here would agree, Moshi is very personable," said Keith. "She's very fun to work with."

When she was a few weeks old, Moshi was introduced to her father, Nabo, who weighs over 1,000 kilograms.

"Right from the start, Moshi pushed her dad around. If he's eating, she'll just come up and push him out of the way — she's tough," said Keith.

"Every baby giraffe is special, they're so amazing to watch," said the zookeeper.

“Every single keeper here would agree, Moshi is very personable. She's very fun to work with. Mona Keith

MANSLAUGHTER

Verdict in Vader case changed

An Edmonton judge has changed his murder verdict to manslaughter in the high-profile case of Travis Vader and the two missing seniors he was convicted of killing.

Lawyers had returned to court to argue about whether there should be a mistrial because Justice Denny Thomas used an outdated section of the Criminal Code in his original verdict.

Thomas told Court of Queen's Bench that he made a mistake when he convicted Vader last month of second-degree murder in the deaths of Lyle and Marie McCann.

The McCanns, in their late 70s, disappeared after setting out on a camping trip from their Edmonton-area home to British Columbia in 2010.

"I am glad to see this. I am glad to see this come to an end," said Bret McCann, the couple's son, when reached on the phone.

"I am glad that Vader will be in prison for a long time. I am glad that the public will be safe. At some point in the future, he will be looking for parole and I am hoping that he shows remorse and lets us all know where my parents' bodies are."

Section 230 allowed for a second-degree murder verdict if a killing occurred during the commission of another crime such as robbery. Otherwise, there must be intent to cause death or bodily harm that one knows is likely to cause death.

THE CANADIAN PRESS

RICK MERCER REPORT

#rickmercerreport

TONIGHT Rick helps train search and rescue dogs in Kamloops, B.C. Warning: there will be puppies.

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DRACULA'S CASTLE THE SPOOKIEST OF NIGHTS Canadian brother and sister Robin and Tami Varma passed Halloween night curled up in red velvet coffins in the Transylvanian castle in Bran, Romania that inspired the Dracula legend. It is the first time in 70 years anyone has spent the night in the gothic fortress, after they bested 88,000 people who entered a competition hosted by Airbnb to get the chance to dine and sleep at the castle. VADIM GHIRDA/THE ASSOCIATED PRESS

Immigration goals 'anti-climactic'

FEDERAL GOVERNMENT

Keeping levels at 300,000 disappointing for many

Ottawa will bring in the same number of immigrants in 2017 as it did in 2016, despite calls from think tanks, the corporate sector and advocacy groups to admit substantially higher numbers of newcomers.

The news of the plan to keep the immigration level at 300,000 on Monday was a bombshell to many after a summer of public consultations where Immigration Minister John McCallum had repeatedly hinted at "substantially" boosting the number of immigrants and rolling out multiyear targets to manage immigration.

The new plan represents a higher target for economic immigrants from 160,600 in 2016 to 172,500 in 2017, and for family reunification from 80,000 to 84,000 — at the expense of the

admission of refugees from 55,800 to 40,000.

At least two national interest groups recently recommended the government increase immigration amid Canada's aging population and low birth rate, to sustain the country's economic growth and support its strained health-care and pension systems.

"This is almost anti-climactic. With all the buildup and rumours, not much is done," said Toronto immigration lawyer Chantal Desloges, who called the government decision a "safe, conservative choice" to avoid anti-immigrant backlash among voters.

Added Debbie Douglas of the Ontario Council of Agencies Serving Immigrants: "We are all surprised. ... There appeared to be a consensus even among the bureaucracy that we needed to increase the target to at least 1 per cent of the population."

The Liberal government's

2017 immigration target will keep the immigration level in check at 0.86 per cent of the population.

"What we did was from 2011 to 2015, we took in an average of 260,000 immigrants. Then we jumped to 300,000 because of the Syrian refugees. It wasn't permanently funded," McCallum said.

"What we've done now is we set the 300,000 target for 2017 as the foundation from which we can grow immigration in the future. We shifted the compos-

ition a bit with more emphasis on economic immigrants. Refugees are twice as high in 2015 but not as high as 2016."

With the current immigration system plagued with backlogs and long wait times, a higher target would have required more resources for processing applications, not to mention money for newcomer settlement programs.

TORSTAR NEWS SERVICE

“

In politics, you can't always please everybody.

Immigration Minister
John McCallum

IN BRIEF

Liberals bow to pressure to support child-welfare plan

The federal Liberals will vote to support an NDP motion Tuesday that calls for an immediate \$155-million cash injection for First Nations child welfare services, says Indigenous Affairs Minister Carolyn Bennett.

The decision followed political pressure brought to bear on the government by Sen. Murray Sinclair, the former chairman of the Truth and Reconciliation Commission.

"We are all on the same page in terms of, we want the kinds of changes that really will be the real reform," Bennett said Monday. THE CANADIAN PRESS

Soldier needs to cokesplain

Charges have been laid against a Manitoba-based soldier who is accused of trafficking in cocaine.

The Canadian Forces Provost Marshal and Canadian Forces Military Police Group says one count of possession for the purpose of trafficking and one of possession of a prohibited weapon have been laid against a master corporal at Canadian Forces Base Shilo. THE CANADIAN PRESS

MONTREAL

Police tracked journalist's iPhone, La Presse reveals

A Montreal journalist whose iPhone was monitored by police for months says he was outraged to discover he'd been "spied on" as part of what he calls an effort to identify his sources.

"I was living in the fiction that police officers wouldn't dare do that, and in the fiction that judges were protecting journalists — and hence the public — against this type of police intrusion," La Presse columnist Patrick Lagace said in an interview Monday.

"Clearly, I was naive."

The French-language newspaper said it learned at least 24 surveillance warrants were issued for Lagace's phone this year at the request of the police's special investigations unit. That section is responsible for looking into crime within the police force.

Three of those warrants reportedly authorized police to get the phone numbers for all Lagace's incoming and outgoing texts and calls, while another allowed them to track the phone's location via its GPS chip.

The surveillance was ordered as part of an internal probe into allegations police anti-gang investigators fabri-



Patrick Lagace

cated evidence.

Five police officers were arrested this summer and two were charged as a result.

Lagace said police told him they obtained the court-authorized warrants because they believed the target of one of their investigations was feeding him information.

But he said the story in question was actually first reported on by a competitor, leading him to believe the investigation was actually a thinly veiled attempt to learn the identity of his sources within the police department.

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Canadians head south to work on U.S. election

★ U.S. ELECTION ★

A dozen women help out in crucial swing state

A dozen Canadian women are heading to Florida on a mission unrelated to sun, surf and sand — they intend to help Hillary Clinton defeat Donald Trump.

They're bunking in a pair of houses that will serve as temporary campaign dorms for the travelling Canucks, as they knock on doors and make calls in what's arguably the most important region of the most important swing state in the U.S. election.

"We didn't come here to have a holiday — we're here to work," said Cheryl Conley-Strange.

She knows from experience. The Winnipeg woman has worked every federal Liberal campaign since 1979, when she was a poll captain for future foreign minister Lloyd Axworthy. She'd intended to retire from organizational work after the federal election, satisfied with the state of her party.

But she figured she had one



Mie Larson, left, and Cheryl Conley-Strange are part of a group of a dozen Canadians headed south to help the Democrats in Florida. CONTRIBUTED/THE CANADIAN PRESS

more campaign in her.

Conley-Strange chatted with friends about helping political allies in the U.S.: "I started saying to them, 'Hey, why don't we go down to the States and help (the Democrats)?'"

She suggested staying at her family's winter home in central Florida. So many people took her up on the idea that they wound up getting a second place in the same Kissimmee neighbourhood. She'd bought in that location a few years ago

— she liked the proximity to Disneyworld.

It also happened to be on rich electoral soil.

She only realized recently that Central Florida is considered the swing region of the biggest swing state. It's sandwiched between Florida's solidly Republican north and solidly Democratic south. And it has tens of thousands of new available votes.

An influx of Puerto Ricans is having a ripple-effect on the

politics in this area, and therefore on the country.

These new residents are eligible to vote immediately, as Puerto Ricans are U.S. citizens. They tend to be more liberal than the state's Cuban voters. And their ranks are growing to rival the Cubans.

The one thing Canadians can't contribute to this election is money.

"I asked (the Democrats) if I could buy a T-shirt," she said. "They said no." THE CANADIAN PRESS

Italian 'town is dead and buried'

Residents of a mountainous region of central Italy displaced by a series of powerful earthquakes resisted relocation Monday and appealed for campers and tents so they could remain close to their homes and businesses.

The latest quake on Sunday morning — with a magnitude 6.6, the strongest to hit Italy in 36 years — caused no deaths or serious injuries, largely because most vulnerable city centres already had been closed due to previous damage and many

homes vacated.

But it did complicate relief efforts in a fragile zone still coping with the aftermath of an August earthquake that killed nearly 300 and a pair of damaging aftershocks last week.

Civil protection officials said the number of people needing housing has risen by 15,000 since Wednesday, a figure that does not include the 2,000 who remained displaced from the August quake.

THE ASSOCIATED PRESS

IN BRIEF

Workers hurt in Alabama gas pipeline explosion

An explosion along the Colonial Pipeline in Alabama injured at least seven workers Monday near where the line burst and leaked gasoline last month, authorities said.

The blast, which sent flames and smoke soaring over the forest, happened about a mile west of where the pipeline ruptured in September, Gov. Robert Bentley said. That break led to widespread shortages.

"We'll just hope and pray for the best," Bentley said.

THE ASSOCIATED PRESS

Deadly blast at China mine

State media says 13 miners have been found dead after a gas explosion inside a coal mine in western China, and rescuers were continuing a search for another 20 people who were trapped inside the Jinshangou mine in China's Chongqing region, where the explosion occurred before noon Monday. Xinhua had previously reported 15 deaths in the explosion.

Local officials did not answer phone calls, and a person answering the phone at the coal mine hung up.

THE ASSOCIATED PRESS

SEEKING HEALTHY VOLUNTEERS

Healthy volunteers (ages 18-60) wanted for confidential University of Calgary research study on mental health. **Reimbursement for travel and food (\$50).** Study approved by UofC Ethics Board (REB13-1138).



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HAVE YOU BEEN DIAGNOSED WITH BIPOLAR DISORDER?

People with bipolar disorder wanted for University of Calgary research study on the cognitive basis of mental illness. Any information collected is confidential. **Reimbursement for travel and food (\$50).** This study has been approved by the University of Calgary Ethics Board (REB13-1138).



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EMMA TEITEL ON COLUMNISTS RUN AMOK

Luckily there exists a method to mask a shortfall of original opinions: The 'Blame-Political-Correctness-Strategy'



I'm going to let you in on a trade secret. Many of us who get paid to "weigh in" on the news for a living run out of ideas on the regular.

I call this "opinion fatigue" and when I suffer a particularly hairy bout of O.F. (roughly three times a week), I make like a contestant on Who Wants to Be a Millionaire: I phone a friend.

And I plead: "I'm out of opinions. Do you have any? I'll take anything: Euthanasia, bad breath, bad dry cleaners, the economy... anything." In fact, at least a third of my opinions aren't really mine at all. They belong to my friend Travis. (Thanks, Trav).

But what is a brain-drained columnist to do when she runs out of friends and family to pester for fresh content?

Luckily there exists another equally effective method to mask a shortfall of original opinions — one employed by columnists far and wide: the "Blame-Political-Correctness-Strategy."

Here's how BPCS works.

Step 1: Google "political correctness run amok."

Step 2: From the 80,000-plus Google entries that immediately appear, select the most current incident of hypersensitivity on a liberal arts campus you can find ("Yoga banned on account of cultural appropriation!" "Woman triggered by salami sandwich!")

Step 3: Immediately proceed to write a column proclaiming, with righteous indignation, that as a direct result of one or two such incidents, freedom of expression, as we

know it, is in peril.

Why am I revealing the BPCS secret to you now? Well it just so happens that BPCS is especially popular among pundits and column writers at this juncture.

Why? Because Halloween is upon us, and with Halloween comes all manner of offensive costumes, from the blatantly racist (blackface) to the blatantly tasteless (Caitlyn Jenner) to the truly horrifying. And where there are offensive costumes, there are also offended university students who want to ban them. Enter BPCS.

specifically, costumes that mock rape, suicide, gender identity and costumes that appropriate other cultures — à la "traditional or religious headaddresses" — are off limits. To his credit, Chris Green, general manager of the school's students' union, acknowledges that policing the policy is "not an exact science."

You can say that again. When I asked Green how the inexact part of the policy surfaces, he said that just last year (when the same policy was in place) a guy showed up to a students' union Hallow-

wrong is in their rabid, if implicit, assertion that such a policy is newsworthy at all.

Yes, Brock is overreaching, but it and so many campus policies like it are extremely small potatoes. According to Green, the costume prohibition at Brock applies to just two weeknight Halloween parties run by the students' union, at a bar on campus. One of those parties, he says, "is a dry event" (in other words, probably not the first choice of someone who likes to push the boundaries of taste, anyway).

The students' union then is not walking dorm to dorm and house to house policing student costumes. If someone wishes to dress up as Caitlyn Jenner or Bill Cosby, house parties and other bars abound where he is free to be his most distasteful self.

That's the thing about the anti-political correctness argument as it pertains to university campuses. Nine times out of 10 the PC demand at hand is much ado about nothing. Because for every sliver of so-called "safe space" on a university campus, there are about a hundred others where anything goes — spaces where you can go about your day oblivious to the sensibilities and jargon of the far, far left and nobody will bat an eyelash. Spaces where no one checks his privilege or his offensive costume at the door.

So the next time you read an outraged column warning that freedom of expression is in decline, and that 10 years from now you will be living under a politically correct caliphate — remember this column, and read between the lines: Nothing is in decline besides a writer's ability to conjure up fresh ideas on a slow news day.

Emma Teitel is a national affairs columnist for the Toronto Star.



HALLOWEEN HORROR? For every sliver of "safe space" on a university campus, there are about a hundred others where anything goes — like offensive Halloween costumes — Emma Teitel writes. COSTUME SUPPLY CENTRE

To illustrate, very recently the student union at Brock University in St. Catharines announced a prohibition on offensive Halloween getups at its student union events; and already the anti-political correctness punditry machine has begun spitting up outrage. News of Brock's costume ban made its way into nearly every major paper in the nation this month, and Breitbart, the conservative news giant in the U.S., wrote a scathing critique of Brock's "twisted" PC "illogic."

The Brock University Students' Union justifies its position this way: "People's identities are not costumes." More

een event in what looked like "Rastafarian" garb.

The union, wondering if the costume was appropriate, asked the man about his outfit. And what do you know? The guy revealed that it was in fact, a costume derived from his own heritage.

So, it turned out, in an awkward bit of irony, that the would-be protectors of marginalized identities were, for a moment, the ones doing the marginalizing.

I hate to say anything nice about Breitbart, but they aren't entirely wrong to call such a costume policy illogical.

However, where Breitbart and other media outlets are

The MacLeod Trail pedestrian underpass is a real-life hall of horrors

KLASZUS' CALGARY

Jeremy Klaszus



Do you want to pass through Calgary's most terrifying piece of public infrastructure, its real-life hall of horrors?

You do not. Trust me. I sort of wish I hadn't, but I was curious. Of late, Calgary is a city of elegant bridges and flawless skyscrapers and other pretty things on the surface.

All very nice, but people being people, I also find myself drawn to some of the darker, more hidden places in our cityscape.

Somewhere in my memory was a recollection of a long, poorly-lit pedestrian tunnel that passes beneath MacLeod Trail by Chinook Centre. I'd been down there once or twice before, more than a decade ago, in my college days.

Surely that spooky passageway would not be there anymore. Not in 2016, when "walkable" is the buzzword on everyone's lips. Not when city hall aspires to redo MacLeod Trail into more of a people-friendly boulevard.

There was only one way to find out. (Okay, I suppose I could have put the question on Twitter or called the city to ask, but where's the fun in that?)

Last Monday night, after coming out of Chinook Centre — another pretty place of surface glitz and polish — I went looking for that seedy old tunnel. The autumn cold bit at my ears as I headed toward the Kal-Tire in the mall parking lot. It was just after 9 p.m.

Sure enough, there was a sign: PEDESTRIAN UNDERPASS TO CROSS MACLEOD TR. A narrow concrete ramp descended to a dark corner.

I was both baffled and riveted. How is this place still here? Do people actually use it? Why would anyone do so, when there's an open-air pedestrian overpass a block north?

Continuing was surely unwise but I couldn't turn back. Down I went, into the darkness. And then, turning the corner, the smell hit me all at once and my head snapped back in repulsion.

This was no pedestrian walkway. It's a subterranean toilet, a place that makes gas-station bathrooms seem like elegant palaces by comparison.

I held my breath and hustled through, stopping only to snap a quick photo. I didn't go slowly enough to examine the refuse — or the various liquids — that had been dumped on the floor.

Fortunately I did not encounter another person. Coming up the ramp on the other side, I did pass a man, cloaked deep in the hood of a sweatshirt, who seemed eager to get down there. We did not converse.

Gulping in the clean surface air, I went back to my car via the overpass.

There are places in our city that are dumpy yet appealing, that contain a certain charm. There are other places that just need a little sprucing up.

This terrifying tunnel is neither of those things. It's a bad place. Block it off. Fill it with dirt.

Never go down there.

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For every sliver of 'safe space' on a campus, there are about a hundred others where anything goes.



EXERCISE

He recovered a personal training career from injury

For Jeremy Fernandes, a love of fitness started back when he played sports in his youth — and it's translated into a full-fledged personal training career. With a kinesiology degree from the University of Western Ontario and Precision Nutrition Level II certification under his belt, the 27-year-old personal trainer at Body + Soul Fitness in North York, Ont., brings his well-rounded background to the gym.

Now, he's offering some at-home workout tips anyone can use in their fitness routine. Fernandes also stopped by the Star office to give us the lowdown on his approach to personal training, his top celeb fitness trainer inspirations, and which workouts he thinks are totally over-hyped:

What sparked your love of fitness?

Being perpetually injured playing sports when I was younger and never knowing why I got hurt. I pulled my hamstrings, glutes and quads playing soccer. At 12, I tore both my ACL and MCL. My doctor told me it was "growing pains." One day, a referee pulled me out of a game because I was limping. After that, I went to physiotherapy, and eventually I started thinking about a career in rehab. While studying kinesiology, I learned how to train properly. I'd never done squats or deadlifts because of my

'Growing pain' was Jeremy's gain



Jeremy Fernandes is a personal trainer at Body + Soul Fitness in North York. TORSTAR NEWS SERVICE

knee pain — but I learned I had knee pain because I wasn't doing any of those things.

Now that you're a trainer, what's your approach to personal training?

I work with, generally, older adults — so 40-plus. They're people who have a similar history to me: They've been physically active, they've been sidelined because of injuries, and they want to feel better, get over those

injuries, and incorporate fitness back into their lives.

Are there any celebrity fitness trainers you admire?

Eric Cressey is one, and Mike Robertson. They take

an evidence-based approach. They're all about strength, but they also take into consideration anatomical differences. They're strong on biomechanics, anatomy, physiology, and break it down into a way that a lay-

“

I'd never done squats or deadlifts because of my knee pain — but I learned I had knee pain because I wasn't doing any of those things.

Jeremy Fernandes

person can understand.

Is there a certain type of trendy workout that you think is totally over-rated?

It's all context-dependant. I don't think going to a yoga class three times a week constitutes strength training. At some point, you need to see progression — and there aren't a lot of opportunities to progress in yoga, pilates, or ballet barre classes. But there's no methodology I really hate.

How can people stay motivated on a fitness routine?

Set performance-based goals. Look to achieve something in the gym and train towards that, and don't wait for motivation. The best quote I've heard about motivation is, "It's a friend who makes plans with you and bails last-minute every time." Setting performance-based goals gives you something to work towards. It could be setting a goal of one pull-up, or five body-weight push-ups, and once you've hit that first goal, it becomes infectious.

TORSTAR NEWS SERVICE

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SPEAKING OUT

Adele's postpartum depression battle

Adele has opened up about parenting, her struggle with postpartum depression and alcohol use in a new interview.

The 28-year-old singer tells *Vanity Fair* she felt like she had made "the worst decision" of her life after having her son, Angelo, who's now 4. She says she eventually had to spend some time alone in order to overcome her postpartum depression.

Adele also touched on cutting back on her drinking and quitting smoking. She says "having a hangover with a child is torture." She says she used to be a "massive drinker," but now only indulges in two glasses of wine a week.

The comments are in the December issue of *Vanity Fair*, which hits newsstands Thursday. THE ASSOCIATED PRESS



Adele. THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Hollywood elite on grim reality of climate change

THE SHOW: *Before the Flood* (natgeotv.com and Nat Geo Channel Facebook, until Nov. 6)
THE MOMENT: The deniers

"There is as robust a scientific consensus for climate change and its human cause as there is for gravity," Michael E. Mann, the Penn State professor behind the "hockey stick" image of rising temperatures, tells Leonardo DiCaprio, who produced and stars in this doc, directed by Fisher Stevens.

Mann explains that a small handful of players, including Big Oil and Koch Industries (the world's largest privately held fossil fuel company), finance an organized campaign of climate change denialism. They fund both scientist-pundits and U.S. politicians — half of the U.S. Congress, including James Inhofe, the chair of the U.S. senate environment committee — to block all bills that would deal with the problem.

"These people... lead us astray in the name of short-term fossil fuel profits," Mann says. "What could be more immoral than that?"

DiCaprio, a UN Messenger for Peace on Climate Change, spent two years traveling to five continents and the Arctic, talking to experts and filming evi-



DiCaprio. HANDOUT

dence of climate change — from the shrinking ice sheet on the northern tip of Baffin Island, to the sinking island of Palau, to Sumatra's dying coral reefs. The doc lays out the factual horrors clearly, and as they pile up, DiCaprio's reaction is both pessimistic and urgent.

At the end, a list appears of things we can do to re-stabilize the planet: Lobby your government to favor sustainable energy (wind, solar). Demand a carbon tax.

To them I'd add, watch this doc and spread it around.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEF

Prince Harry's latest romance started in Toronto

Romance is not dead in Toronto, folks. Just ask Prince Harry. The Royal is rumoured to have fallen head over heels with actor Meghan Markle in the city in May; she was filming the law drama *Suits* and the 32-year-old Royal was in Toronto promoting the *Invictus* Games. Since then, Markle, 35, has posted multiple Instagram snaps of trips to London. Royal-romance-

watchers are pointing to a set of beaded bracelets worn by Markle that are very similar to ones Prince Harry regularly sports.

Express cites a source who describes a "besotted" Prince who's "happier than he's been for many years."

The *Daily Mail* claims that Prince Harry was booked on a plane to Toronto on Sunday but was a no-show after news of the relationship broke. VERONICA SAROLI/THE KIT

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Cranberries myth is squashed

Another folk remedy bites the dust. Cranberry capsules didn't prevent or cure urinary infections in nursing home residents in a study challenging persistent unproven claims to the contrary. The research adds to decades of conflicting evidence on whether cranberries can prevent extremely common bacterial infections.

The new study, published online Thursday in the *Journal of the American Medical Association*, used rigorous methods and the results are convincing, according to a journal editorial. Health care providers who encourage using cranberry products as a prevention method "are doing their patients a disservice," the editorial says.

THE INFECTIONS

Urinary infections lead to nearly 9 million doctor visits and more than 1 million hospitalizations each year. Men, because of their urinary anatomy, are less vulnerable, while almost half of all U.S. women will develop at least one of these infections in their lifetime. Symptoms can include painful, frequent urination and fatigue. Antibiotics are often used to treat the infections.



In a study published Thursday in the *Journal of the American Medical Association*, cranberry capsules didn't prevent or cure urinary infections in nursing home residents. MARK BUGNASKI/KALAMAZOO GAZETTE - MLIVE MEDIA GROUP VIA AP

THE STUDY

The research included 147 older women in nursing homes who were randomly assigned to take two cranberry capsules or dummy pills for a year. The number of women with laboratory evidence of infection—bacteria and white blood cells in their urine—varied during the study but averaged about 29 per cent overall in both groups. Ten infections in the cranberry group caused overt symptoms, compared with 12 in the placebo group but that difference wasn't statistically significant.

THE ADVICE

People who think they have a urinary infection should see a doctor for diagnosis and treatment, but avoid cranberry products "in place of proven treatments for infections," according to the National Institutes of Health alternative medicine branch. The journal editorial says additional research is needed to find effective treatments. "It is time to move on from cranberries," the editorial says.

THE ASSOCIATED PRESS

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HEALTH BRIEFS

Sugar for kids' migraines

A new study found that sugar pills worked as well at preventing kids' migraines as two commonly used headache medicines, but had fewer side effects.

The results may lead doctors to rethink how they treat migraines in children and teens. It's the first rigorous test in kids of two generic drugs that are also used for adults' migraines, topiramate and amitriptyline. Both drugs reduce by half the number of days kids had migraines over a month's time. But so did placebo sugar pills.

The study was released online Thursday in the *New England Journal of Medicine*. THE ASSOCIATED PRESS

Skin patch for kids with peanut allergy

A new study shows a wearable skin patch may help children who are allergic to peanuts by delivering small doses of peanut protein.

The National Institutes of Health funded the year-long study. It says nearly half of those treated with the patch were able to consume at least 10 times more peanut protein than they were able to consume prior to treatment.

THE ASSOCIATED PRESS

STUDY

Cholesterol test for baby may help

What if a blood test could reveal that your child is at high risk for early heart disease years in the future, giving you a chance to prevent it now? A big study in England did that - screening thousands of babies for inherited risk - and found it was twice as common as has been thought.

The study also revealed parents who had the condition but didn't know it, and had passed it on to their children. Ninety per cent of them started taking preventive medicines after finding out.

Researchers say the two-generation benefits may convince more parents to agree to cholesterol testing for their kids. An expert panel in the United States recommends this test between the ages of 9 and 11, but many aren't tested now unless they are obese or have other heart risk factors such as diabetes or high blood pressure.

For every 1,000 people screened in the study, four children and four parents were identified as being at risk for early heart disease. That's nearly twice as many as most studies in the past have suggested.

Dr. William Cooper, a pediatric and preventive medicine professor at Vanderbilt University, called it "an innovative ap-

proach" that finds not just kids at risk but also parents while they're still young enough to benefit from preventive treatment, such as cholesterol-lowering statin drugs.

Statins aren't recommended until around age 10, but certain dietary supplements such as plant sterols and stanols could help younger kids, Urbina said.

The study was led by Dr. David Wald at Queen Mary University of London. He and another author founded a company that makes a combination pill to prevent heart disease. The work was funded by the Medical Research Council, the British government's health research agency. Results were published Wednesday by the *New England Journal of Medicine*.

Researchers were testing for familial hypercholesterolemia, a genetic disorder that, untreated, raises the risk of a heart attack by age 40 tenfold.

They did a heel-stick blood test on 10,059 children ages 1 to 2 during routine immunization visits to check for high cholesterol and 48 gene mutations that can cause the disorder. If a child was found with the disorder, parents were tested.

One in 270 children had the gene mutations.

THE ASSOCIATED PRESS

CONTINUING EDUCATION

BUILDING A SUPPORT NETWORK

If the St. Mary's University Learning Centre was around when director Rafael de la Peña went to school, he says it would have been a game changer for him.

"I was very quiet and did not want to bother people so I would limit my requests for collaboration or assistance," says de la Peña, director, Learning Centre, St. Mary's University.

"It got better by my last two years as working with my professors helped me realize that one of the most important things in university is the shared journey of growing together with a learning community."

And that is just what the Learning Centre at St. Mary's University has been designed to do.



CONTRIBUTED

The Learning Centre provides students with training, tools, and information to enhance their academic skills.

It's designed for all St. Mary's University students and offers a variety of options for different student's schedules, needs, and learning styles.

"The fact is that successful students build a

support network with peers, professors, family and friends — they rarely do it alone," says de la Peña.

"Successful students meet with peers in study groups, use professor's office hours, actively attend workshops to enhance their skills."

St. Mary's University Learning Centre has programs and supports aimed to address these

strategies.

Within the centre, there is a study space, a testing services room and group study rooms.

Since the centre opened, de la Peña says there have been more and more students starting to utilize the services and spaces.

"Graduating students recognize it as one of their relevant supports," says de la Peña.

"The peer mentor program and the success seminars have consolidated and more students and professors include them in their academic work."

He also adds that the Academic Writing Institute was successfully offered for the second year and St. Mary's has implemented the university pathways program with MATH 030 and ENGL 030 this summer.

And new this year, the Learning Centre has been working with Calgary high schools on the Academic Reading Project, which will be piloted this year and will help increase university readiness skills and address the transition from high school to university while students are still in Grades 11 or 12.

For more information about the Learning Centre, visit stmu.ca/learning-centre.

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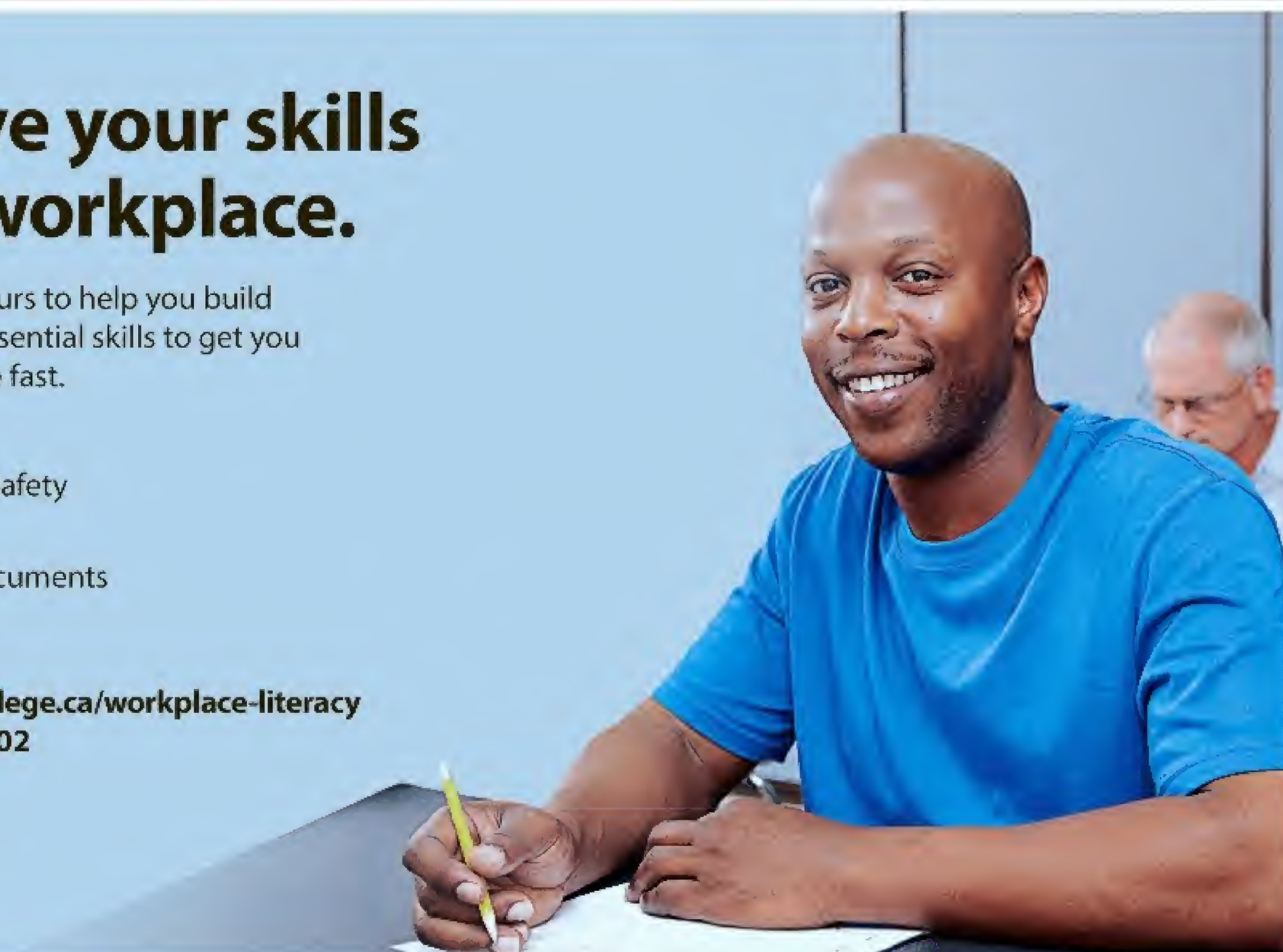
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COLLEGE



Tailoring programs to the demands of the industry

Robertson College is a career-focused education provider; therefore, academic programs are geared toward individuals who wish to pursue a new career path or update an existing skill.

Robertson College's programs are generally one-year or less, by design, and tailored to student needs and industry demands.

"This allows students to quickly embark in their chosen

career field while fulfilling the community's need to have qualified workers entering the workforce," says Dr. Ann Larson, chief academic officer, Robertson College.

For those individuals considering a career in health care, Robertson College has a number of different programs that can prepare students to be workforce-ready in under a year.

Robertson College offers many health-care-related programs such as community support worker, health care aide,

health care aide challenge, health unit clerk, massage therapy, medical laboratory assistant, medical office assistant, nursing assistant, pharmacy assistant, pharmacy technician, and a national pharmacy technician bridging education program (not all programs are offered at all locations).

As a result of Canada's skills shortage, career education is in high demand as is the demand for skilled health care professionals.

"The aging population, more health conscious lifestyles, and advancements in technology are just a few factors related to the increase in career opportunities within the health care field," says Larson.

"Now is a great time join a rapidly growing, ever-changing, exciting industry."

The health care industry provides diverse career opportunities ranging from direct-care positions to various support roles. Additionally, the health care settings range from large hospitals to smaller specialized offices.

"Whatever the preference, graduates have the opportunity to find a health care career that matches their skills and interests," says Larson.

"The ability to help people, directly or indirectly, is perhaps the biggest benefit of working in the health care industry and, often, is very rewarding."

Robertson College's curriculum incorporates theory and active-learning components.

The practicum allows students to gain hands-on experience utilizing the knowledge and skills learned throughout their program.

"The practicum placements provide an avenue for the College to build strong partnerships in the community," says Larson.

"This assists with placing students for practicum, staying informed of career opportunities, and for receiving continual program feedback from industry that assists us with improving and updating our curriculum."

No matter what program individuals choose to study, Robertson College's goal remains the same – student success.

"The fundamental outcome for all programs offered at Robertson College is professional competence," says Larson.

"We expect graduates to enter the workforce with the knowledge and training needed to pursue their passion."

For more information about the health care programs offered at Robertson College, visit robertsoncollege.com.

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A voice and force against poverty

The Canadian Poverty Institute is an inter-disciplinary institute housed at Ambrose University that works to heal poverty through teaching, research and public dialogue.

"We are grounded in the Christian tradition of extending compassion while seeking justice for the marginalized and oppressed," says Derek Cook, director, Canadian Poverty Institute.

"Working with partners in Calgary and across the country, the Canadian Poverty Institute aims to be a voice and force for building a society where poverty is not able to take root."

The Institute works with government, non-profit organizations, and churches to provide opportunities for scholars, service workers and students to deepen their knowledge and understanding of poverty and to seek solutions.

This November, the Canadian Poverty Institute is offering a training workshop on human rights and poverty, facilitated by Leilani Farha, an international human rights expert and UN Special Rapporteur on Housing.

The Canadian Poverty Institute workshops are designed for a variety of people, with some focused on the general public, seeking to increase our general awareness and thinking about poverty.

"Poverty will only be healed by working together as a community," Cook says.

"This involves valuing and sharing our various gifts and receiving the gifts of others."

Ambrose University also offers a poverty studies focus in the MALM program that is designed to provide both skills and knowledge for those in leadership and ministry positions to understand and respond effectively to issues of poverty.

For more information about the Canadian Poverty Institute or to register for the upcoming workshop, visit ambrose.edu/cpi.



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mru.ca/conted



SAIT: taking learning to a new level

Post-diploma credential enhances career options for post-secondary graduates

Two new career-enhancing programs offered at the Southern Alberta Institute of Technology (SAIT) provide those who've graduated from a post-secondary institution with a unique and highly competitive learning experience.

The Technology Infrastructure Analyst program, which began in September, was in high demand and filled fast. Applications are now being accepted for the Mobile Application Developer program, which begins in January.

"SAIT has taken learning to the next level by providing those seeking new, or



STOCK

enhanced career options, with a competitive advantage," says Brad Donaldson, SAIT's Vice President, Academic. "The learning occurs in a fast-paced environ-

ment that's very intense. But it's also very hands on, with students getting the practical experience that builds job-ready skills and creates successful careers."

Admission requirements are competitive as the programs are aimed at students who already have an undergraduate degree or diploma from a recognized post-secondary.

As part of the admission process, potential students are selected to ensure they have the software or computer science background required to fully participate in the specialized learning that's delivered in an accelerated fashion.

Innovative programs, proven approach

While the programs are new, the way in which the curriculum was developed and is taught reflects SAIT's unique style of delivering applied education.

Subject matter experts — business leaders from information technology firms — helped design the programs. And to ensure students apply what they learn, the post diploma programs include an eight-week practicum to test-out their new skills.

"We've taken the best of SAIT's approach to learning and incorporated it into the new post-diploma certificates," Donaldson says. "Students receive compressed training that's specific to market demands and study curriculum that was developed with industry input."

Learn more on sait.ca.

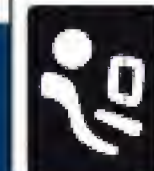
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Complete a bachelor of health sciences degree in two years

Following discussions with employer and employee stakeholders, the University of Lethbridge identified gaps in the educational pathways available to many diploma-trained employees in the health workforce.

To help fill these gaps, the University of Lethbridge has created a degree option that provides those with an existing two year diploma full value for their education, and allows them to complete a bachelor of health sciences degree in two years — and is now offered at the Calgary Campus.

"The health care delivery landscape is changing around us and this degree will support those employees with the ambition to seek out new opportunities," says Dr. Chris Hosgood, dean, faculty of health sciences, University of Lethbridge.

"Evidence suggests that an employee with a combination of work experience and a university degrees achieve job success and satisfaction."

This two-year degree program with a major in public health and a minor in health leadership, allows students to build on their existing health-related diploma education and work experience by adding an appreciation for population health, including health policy and promotion, while adding skills in health research, communication, program evaluation and leadership.

This program has been designed for diploma educated health care workers such as practical nurses, pharmacy technicians, massage therapists, paramedics, respiratory therapists, lab technicians, to name a few, who want to acquire the health leadership skills that come with this

degree program.

"During the two years that students spend with us we expect them to build on prior knowledge to broaden their understanding of health and health policy and leadership," Hosgood says.

"Our goal is to provide graduates with the tools to secure career advancement and front-line management positions."

Courses are offered in a combination of online, evening and weekend delivery.

"We recognize that many students cannot easily access traditional university programs, and we hope that this program, which can be taken part-time if required, will allow students to maintain their existing jobs while advancing their education and career," Hosgood says.

For more information about the post-diploma bachelor of health science at the Calgary Campus, visit uleth.ca/future-student/program/post-diploma-public-health.



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Help people adopt an active lifestyle

In a world of “fast-fixes” and million dollar marketing strategies for health and fitness, Ashley Fox believes that health coaches can play an ever-important role of supporting client and family care.

As a graduate of the integrative health coach extension certificate from Mount Royal University, Fox has taken the skills she has learned from this certificate and added it to her already impressive resumé — as a physical literacy coordinator, Be Fit For Life Centre at the University of Calgary and now health coach at FitMetabolism.

“The coach training was key for me to be a better community educator and for one-on-one client support,” says Fox.

“Having an opportunity to learn at a university close to home and while still being able to work was the perfect fit.”

Fox chose MRU for this program because she felt she was a missing tools in her pursuit to support people to adopt a healthy, active



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lifestyle where they live, work and play.

Although Fox is unsure of where she would like to see her career go, she does know that wellness and physical activity are at the core and a mix of coaching and education/teaching

are included in her future plans.

“Finding out what motivates people and what supports their well-being are very important to me,” says Fox.

The integrative health coach extension

certificate is made up of eight required courses and can be completed within 18 months or up to three years.

For more information about this certificate, visit conted.mtroyal.ca/healthcoach.

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Looking to change careers, upgrade your skills or unemployed?

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bowvalleycollege.ca/infosessions



BOW VALLEY
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Enhance your speaking skills to reach your career goals

The new enhanced speaking skills for the IEPs (Internationally educated professionals) certificate offered at Mount Royal University, helps any IEP who wants to gain confidence and enhance their English speaking skills while cultivating their own unique speaking style.

This new program was developed out of a need to support students who have a minimum CLB 8, IELTS or higher, but felt they still needed to improve their soft English speaking communication skills.

“Communicating clearly and appropriately in English can open the door to new or better job opportunities,” says Mary Boyes, program coordinator, business and professional education, Faculty of Continuing Education and Extension, MRU.

“It is a skill that new Canadians can practice and master through this course.”

This unique program brings together three departments situated in MRU Continuing Education, Business and Professional Education, the Languages Institute and the Conservatory - Speech Arts.

“Drawing upon the strengths of our experts in the respective departments design this course specifically targeted at EAL students,” says Boyes.

“This program offers the student the op-



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portunity to work on their pronunciation, develop their unique speaking style and practice speaking with others.”

Three short courses (total 18 hours total) will give students valuable pronunciation and voice enhancement skills.

Students will work alongside their instructors within small-sized classes to practice their speaking and communication skills.

MRU’s small class sizes allow for students to receive more dedicated attention throughout the classes and work collaboratively with their peers.

This new certificate is offered in both fall and winter terms.

For more information about the enhanced speaking skills for IEPs certificate, visit mru.ca/enhancedspeaking.

From nursing aide to medical lab instructor

The world of health care looked a lot different when ABES (Alberta Business and Educational Services) Instructor Joyce Felker began her career as a nursing aide in the 1960s.

"I worked as a nursing aide at the General Hospital in the '60s and in those days you were trained on the job, instead of in schools," says Felker.

Whether it was high school or university students, or individuals just hired on as employees, Felker says it was a part of her duties to help train these new employees who most came to the job with little or no experience as nursing aides.

Since then, Felker has been happy to see the constant improvements and advancements that have been made when it comes to training professionals in the health care field.

"It is so much more structured and the training requirements have improved about 400 per cent since I started in this field," says Felker.

"There are a lot more rules and regulations now that have developed over time because they were desperately needed."

Felker has since retired from her role in the hospitals and continues to work as a part-time instructor at ABES where she teaches students the skills they need before they head out on the job.

As an instructor in the medical lab assistant program at ABES, Felker is happy to carry on her role as a teacher and mentor to the upcoming generation of health care professionals.

Through the MLA program at ABES, students learn the practical knowledge in the classroom that they will need to succeed in this field, while also completing a practicum portion to ensure students receive the hands on skills needed for once they enter the workforce.

"By the time they have completed their time at school and they have completed their practicum, they are so much more prepared for the job because they are more informed and they

have much more information," says Felker.

For Felker, working with students in the classroom has been equally rewarding as it was working with patients at the hospital.

"I really enjoy it when someone walks in to the program who is totally green and has no experience in the field and I get to guide them through to see them improve, develop skills

and gain confidence in themselves — I find that very rewarding," says Felker.

The MLA program at ABES runs in partnership with Calgary Laboratory Services and is a 19-week, full time program, which includes a five-week work experience portion.

For more information about the MLA program or about any of the other programs offered by ABES, visit abes.ca.



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Upgrade accounting skills to expand financial career options

Every single organization has one thing in common — the need for people with solid accounting skills.

Accounting professionals in businesses can assist with corporate strategy, mitigating risks, and reducing costs to improve the bottom line.

Through the accounting certificates at Bow Valley College, Chiu School of Business, students get the credentials and recognition they need to further their professional careers.

"Accounting is a dynamic career and these certificates are important because of the ever-increasingly complex and competitive business environment," says Natascha Doiron, program coordinator, Chiu School of Business.

"The demand for accounting skills continues to grow in any economy."

The Bow Valley College, Chiu School of Business offers four continuing education certificates in accounting that include the accounting applications certificate, advanced accounting applications certificate, bookkeeping professional certificate, and the new certificate, the payroll professional certificate.

These certificates are designed for those who are new to accounting or those looking to improve their skills in accounting, payroll or bookkeeping for small to medium sized businesses, or for those self-employed and contracting their services.

Students gain skills in financial literacy,

budgeting and financial reporting, computerized accounting and payroll applications, payroll legislation and employment standards, taxation, compensation and benefits, and all levels of Microsoft Excel.

With a set number of courses and hours required in order to obtain the certificate, the students have the option to study part-time, in-class, online, or in a blended format.

This year alone, despite the economic downturn, Bow Valley College has been seeing an increase in demand for continuing education certificates to further one's qualifications so that they can gain a competitive advantage.

"We believe that improving or expanding a person's skill set is important in any economy," say Doiron.

"If you can differentiate yourself and build your skills, certifications are a great way to do this. Continuing education certificates provide reliable validation of skills and knowledge and they can lead to growth in professional development, improved productivity, and strengthen credibility to employers."

Many of the courses required for these certificates are starting in November and are available online or in-class.

This flexibility makes it easy for learners to fit learning new skills into their busy schedules.

For more information about these certificates, visit coned.bowvalleycollege.ca/certificates.

Foreign credentials get boost from education diploma

Academy of Learning Career College facilitator Nayima Nadeem has a master's degree in education and has good things to say about the new educational assistant diploma program.

"The educational assistant program will prepare graduates to identify students' psychological needs and work with them," she says.

"It will definitely open the doors for immigrants who have an education degree from outside Canada, but are not able to get work in the field due to the lack of recognition of their credentials."

Academy of Learning offers this program through their unique Integrated Learning™ System, which means students do not have to wait months to start their career training.

"The courses equip graduates with computer training, and the tools and theory related to child psychology, needs, and development, that combined with the four-week practicum, gives them the knowledge and



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skills they need to work in schools, child care centres, and more in the education field," says Nadeem.

This new, 44-week program also covers the different roles the educational assistant plays in both special education and early childhood.

This new certificate is one of many programs offered by Academy of Learning in the human services field.

Academy of Learning also offers a number business, and IT programs as well.

For more information about the new educational assistant program at Academy of Learning, visit academyoflearning.ab.ca.

Find your new career direction at free information sessions

For many, it can be overwhelming to learn about all of the possible programs and career options out there — especially if you are changing fields.

"Sometimes individuals have difficulty finding careers because they are lacking education or need to retrain in a new field," says Janell Stuka, team lead – recruiting, BVC.

"Bow Valley College offers services such as career exploration workshops, career information sessions and prospective student advising services to those individuals who need more information about returning to school."

To help make the decision-making process a bit easier, individuals may choose to attend one of Bow Valley College's free, weekly career information sessions.

"These sessions give you an overview of the different programs we offer, presented by a Bow Valley College staff member who can answer general questions about our programs," says Stuka.

These sessions give an overview of the career certificate and diploma programs BVC offers in the fields of health, business, community studies and more.



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Bow Valley College students can graduate work-ready in one to two years.

They offer many programs in high-demand fields and prepare students with practical skills to succeed in their chosen career.

There are a lot of support services available for students throughout the duration of their studies and beyond.

These free career program information sessions take place every Monday (except on statutory holidays) from 3 p.m. until 4 p.m. at the Bow Valley College Calgary Campus.

Visit bvc.me/careersessions, for more information.

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WORLD SERIES

Cleveland wants to celebrate at Progressive Field if it wins

Josh Tomlin looked forward to Halloween and dressing up with his daughters, two-year-old Makenzie Jae and one-year-old Myla Kate.

"I might be daddy piggy," he said.

With Cleveland anticipating the city's first World Series championship since 1948 — and its first title clincher at home since 1920 — the Indians' Game 6 starter was happy to be back home ahead of his outing against the Chicago Cubs on Tuesday night.

Chicago closed to 3-2 with Sunday's win at Wrigley Field. The Cubs, who haven't won it all since 1908, are trying to become the first team to overcome a 3-1 Series deficit since the 1985 Kansas City Royals and the first to do it by winning Games 6 and 7 on the road since the 1979 Pittsburgh Pirates.

Rather than celebrate in the cramped visitors' clubhouse at Wrigley, the Indians are in position to party in their own digs at Progressive Field — where a makeshift shrine to Jobu, the Voodoo idol from the 1989 film *Major League*, was erected in a stall between the lockers of Mike Napoli and Jason Kipnis.

"He's just chilling over



Cleveland's Josh Tomlin will be the Game 6 starter for the hosts, while Jake Arrieta will start for the Cubs. JAMIE SQUIRE/GETTY IMAGES

there, doing his thing," Napoli said.

Cleveland fans have missed out on being there for this year's big events: first, the Cavaliers completed their NBA Finals comeback on the road, beating Golden State

in Game 7 for the city's first major pro sports championship in 52 years. Then, the Indians clinched the AL Central crown at Detroit, won the Division Series in Boston and the AL Championship Series at Toronto.

"It'll be ideal. We have a better situation to do it now," Kipnis said. "It would be nice to actually do one in front of the home crowds."

The baseball season spills into an unusual month for the fifth time, with Rockto-

1948

The year the Cleveland Indians last won the World Series.

ber parties replaced by two teams hoping for a November to remember.

Jake Arrieta, who pitched no-hit ball into the sixth inning to win Game 2, starts on five days' rest for the Cubs against Tomlin, who will have had three days off since throwing 58 pitches in his Game 3 no-decision.

If the Cubs force Game 7, Kyle Hendricks would pitch on regular rest for Chicago against Corey Kluber, who would make another start on short rest and try to become the first pitcher to win three starts in one Series since Detroit's Mickey Lolich in 1968. Chicago delayed its charter flight to Cleveland until Monday night.

In the Wrigley Field clubhouse, a message said: "Halloween costumes are encouraged on the plane."

"We wanted them to have the opportunity to be with their kids today during the Halloween moment," Cubs manager Joe Maddon said.

"After that game last night, believe me, man, I was in no mood to get up and travel today. I think it actually is working out pretty well. We're going to get in at a really good hour, grab stuff to eat and go to bed."

THE ASSOCIATED PRESS

NHL

Tryouts creating worry for rookies

Dylan Strome is living his NHL dream playing for the Arizona Coyotes, staying in a hotel and avoiding the harsh Pennsylvania winter he endured the past three years playing for the Ontario Hockey League's Erie Otters.

He just doesn't know how long it will last. Strome was the No. 3 overall pick in 2015 and he is in hockey's version of purgatory: At 19, he is eligible to be sent back to the juniors without burning a year of his contract as long as he doesn't play 10 games.

In the NFL and NBA, when you're drafted, you're in, and Major League Baseball prospects almost always start in the minors. NHL teams, however, get the chance to test-run some of their top young prospects before committing to them for a full season.

“

It's normal to have that kind of tryout because you never know what can happen. I don't control that. I just control what I do on the ice.

Islanders' Anthony Beauvillier

"No one feels bad for you," Strome said. "It's not really up to me. Obviously I want to be in the NHL."

In the same uncertain spot are Coyotes teammates Jakob Chychrun and Lawson Crouse and others around the league, from the New York Islanders' Anthony Beauvillier and Mathew Barzal to the Calgary Flames' Matthew Tkachuk.

Despite making their teams' opening-night roster, the players face a nerve-racking nine-game tryout — and decision time is near for many of them.

"It's normal to have that kind of tryout because you never know what can happen," said Beauvillier, whose contract will count for this year if he plays his 10th game Tuesday. "I don't control that. I just control what I do on the ice." THE ASSOCIATED PRESS

NFL

Texans ace Johnson calling it a career

Star wide receiver Andre Johnson is retiring after 14 seasons in a career mainly spent with the Houston Texans.

The 35-year-old Johnson is a seven-time Pro Bowl player now with Tennessee. Titans general manager Jon Robinson said in a statement Monday that Johnson "in my opinion is one of the best to have played the game."

Johnson ranks among the top 10 receivers in NFL history in career catches and receiving yards. He had 1,062



Andre Johnson GETTY IMAGES

catches for 14,185 yards and 70 touchdowns.

THE ASSOCIATED PRESS

INVESTIGATION

Dallas owner talks to NFL about Elliott abuse probe

Cowboys owner Jerry Jones has acknowledged speaking with the NFL's special counsel for domestic violence investigations, and rookie running back Ezekiel Elliott said he was interviewed by the league this season about an abuse claim made against him.

Elliott said after Sunday night's 29-23 OT win over Philadelphia that he was interviewed once by league investigators six weeks ago. THE ASSOCIATED PRESS

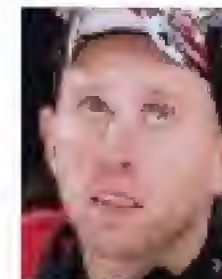
NHL

Top star for Anderson in face of adversity

Ottawa Senators goaltender Craig Anderson, who rebounded from personal tragedy to post a resilient shutout Sunday night in Edmonton, has been named the NHL's first star of the week.

Anderson took a leave of absence last week following the cancer diagnosis of his wife Nicholle, but he returned with a 37-save shutout in a 2-0 triumph over the Oilers.

The veteran goalie also made 22 saves in a 3-0 vic-



Craig Anderson GETTY IMAGES

tory over the Vancouver Canucks on Tuesday.

Minnesota goaltender Devan Dubnyk and Montreal defenceman Shea Weber earned second- and third-star honours respectively.

THE CANADIAN PRESS

NBA IN BRIEF

Thunder extending Adams, Oladipo deals: Sources

Two people with knowledge of the situation say that the Oklahoma City Thunder have agreed to terms with Steven Adams and Victor Oladipo on four-year contract extensions.

Adams is finalizing a deal worth \$100 million and Oladipo is getting \$84 million.

The people requested anonymity because the deals have not been announced.

THE ASSOCIATED PRESS

Hawks dominate Kings

Dwight Howard had 18 points, Kyle Korver and Dennis Schroder scored 17 points apiece, and the Atlanta Hawks beat the Sacramento Kings 106-95 on Monday night for their first 3-0 start in five seasons.

Rudy Gay scored 22 points for Sacramento while DeMarcus Cousins was held 14 points and 12 rebounds.

THE ASSOCIATED PRESS

Butler top scores in Bulls' easy victory over Nets

Jimmy Butler scored 22 points, Dwyane Wade had 12 in the first road game of his career not played for Miami, and the Chicago Bulls improved to 3-0 by beating the Brooklyn Nets 118-88 on Monday night.

Nikola Mirotic had 16 points and 10 rebounds, while Taj Gibson added 14 points and 11 boards for the Bulls.

THE ASSOCIATED PRESS

Raptors rebound for narrow win over Nuggets



Raptors guard DeMar DeRozan shoots past the Nuggets' Wilson Chandler at Air Canada Centre on Monday night. DeRozan scored a game-high 33 points. JON BLACKER/THE CANADIAN PRESS

NBA

DeRozan tops 30-point mark for third straight game

DeMar DeRozan poured in 33 points while Kyle Lowry added 29 and the Toronto Raptors held on to beat the Denver Nuggets 105-102 on Monday.

Jonas Valanciunas added 12 points and nine rebounds, while DeMarre Carroll finished with 10 points for Toronto (2-1), who led by as many as 18 points early in what would turn into a nail-biter.

It was another record-setting night for DeRozan, who became the first player in franchise history to start a season with three consecutive 30-point games.

Danilo Gallinari, Will Barton and Emmanuel Mudiay had 16 points apiece for Denver (1-2). Barton left the game with an ankle injury late in the third quarter.

The Raptors let an 18-point lead slip away in third quarter, and when Jameer Nelson drilled a three-pointer with six seconds left in the frame, it cut Toronto's advantage to just two points. DeRozan replied with a turn-

around jumper at the buzzer to send the Raptors into the fourth with an 88-84 advantage.

Canadian Jamal Murray launched a long pass to a wide open Wilson Chandler, whose three gave the Nuggets their first lead of the game. Nelson drained another three and Denver led by four points with 7:53 to play.

DeRozan and Lowry instrumented an 13-5 run, capped by a Lowry driving layup with 45 seconds that put the Raptors up by three and brought the Air Canada Centre crowd out of their seats.

Gallinari and Mudiay had three-pointers bounce off the rim to guarantee Toronto's victory.

Marred by turnovers in Friday's loss to Cleveland, the Raptors cleaned up their act against Denver, giving up the ball just seven times.

Murray, who grew up an hour west of Toronto in Kitchener, played his first NBA game at the ACC. The 19-year-old who starred at Kentucky last season played five minutes of the second quarter then started the fourth in place of Barton. He finished with a point, two rebounds and two assists, and remains without a basket in his young NBA career.

THE CANADIAN PRESS

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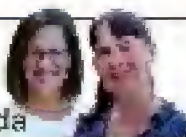
WHITEHORN DR. NE, CALGARY, AB (NEAR LRT STATION)

RECIPE White Chili



PHOTO: MAYA VISNIEV

Ceri Marsh & Laura Keogh
For Metro Canada



For obvious reasons, this isn't your average chili but it can go toe-to-toe with any beefy bowl you throw at it. That's a promise.

Ready in 55 minutes

Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown the chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

2. Remove from the pan and place on a plate. Set aside.

3. Sauté the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and mix in the chicken. Let simmer for about 20 minutes.

4. Turn the heat down and stir in the yogurt. Now add the lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

5. Serve with a good sprinkling of cilantro.

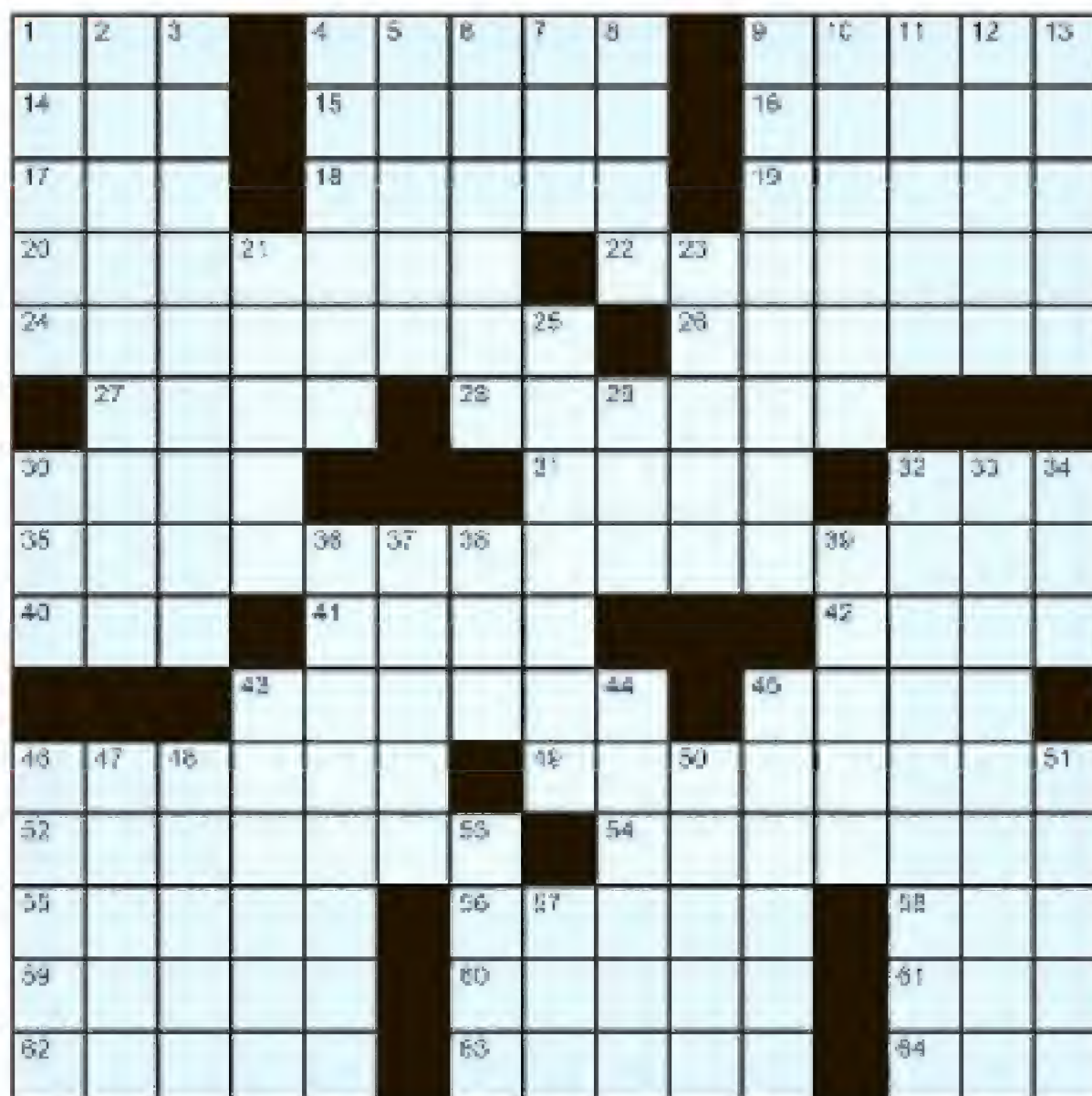
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "I ___ Rock" by Simon & Garfunkel
4. "Mad Men" gig
9. State of conflict
14. Used to be
15. Jeweller's eye piece
16. "(Get Your Kicks on) ___ 66" by The King Cole Trio
17. State-of-the-___
18. Pitchers
19. Cholera
20. Everest endeavour equipment: 2 wds.
22. Silver-___ (Eloquent)
24. Fajita need
26. Seizes control
27. Icky-___ (Yuckies)
28. Ask people to the party
30. Take part
31. Martial Arts practicing centre
32. Ms. Peeples
35. Nova Scotia: Multi-purpose cultural complex (theatre, market, conventions) in downtown Dartmouth: 2 wds.
40. Negatives
41. Big slice of the cake
42. "This is fun!"
43. ___ of error
45. Hide
46. Gets eight hours
49. Hobby plane creator
52. Landline telephone part
54. 1958 Jimmy Stewart/Kim Novak classic directed by



Alfred Hitchcock
55. Sound
56. Clinging wall vines
58. ___ Paulo, Brazil
59. Apprehension
60. ___ Bonnet, Manitoba
61. Exploder
62. Too soon

63. Hair lock
64. Aves.

DOWN

1. Pend
2. Historic mercantile traveller from Venice: 2 wds.
3. Sun's rocky orbiters
4. "Gilmore Girls" star Ms. Bledel
5. Carpentry pin

6. Oatsy dried fruit mix
7. Prime Minister Lester B. Pearson's birthday, __, 23rd, 1897
8. Up-in-a-tree sight
9. Emmy-winning "Breaking Bad" star Bryan

10. Sophisticated seat, Chaise ___
11. Prognosticate
12. Let the tea sit
13. Grazing groups
21. Repent
23. "___: Origin of Evil" (2016)
25. Canadian singer of 1974 chart-topper "Rock Me Gently": 2 wds.
29. Li'l loudness
30. Yr. starter
32. Supreme skeptics
33. Unrefined
34. Living thing's number
36. "I Will Play a ___" by Burton Cummings
37. "General Hospital" occupation
38. One official lang. in Canada
39. Brooded
43. In the centre
44. Beginner
45. Against
46. Cover from the sunshine
47. "Little House on the Prairie" daughter
48. "Bart" add-on (Woody on "Cheers")
50. Feats
51. Beginnings
53. Lean
57. Mixed bag [abbr.]

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be realistic in your financial dealings today, because you are inclined to give away the farm. Don't forget to cultivate a healthy self-interest.

Taurus April 21 - May 21
Relations with others are warm and cozy today, because there's an easy camaraderie between you. There also is a sense of mutual empathy and understanding.

Gemini May 22 - June 21
Someone might approach you for advice at work today. Perhaps he or she just needs a sympathetic ear? Whatever the case, you will do what you can to help.

Cancer June 22 - July 23
Today you are in touch with your creative vibes. Explore ways to express your artistic talents. Many of you feel sympathetic toward children today.

Leo July 24 - Aug. 23
Today a family discussion will be heartfelt and sincere because you feel genuine concern for someone. It's a good day for this kind of discussion, because you are sensitive to what others need.

Virgo Aug. 24 - Sept. 23
You might spend a lot of time today daydreaming or being lost in a fantasy. That's OK, because we all need time to envision our Walter Mitty dreams.

Libra Sept. 24 - Oct. 23
Be careful with your finances today, because you might give away too much or feel so sympathetic to someone that you ignore your own needs. Try to keep a healthy balance.

Scorpio Oct. 24 - Nov. 22
You are tuned into the wants and needs of someone close to you today. That's why any discussion that you have with this person will be sensitive and meaningful.

Sagittarius Nov. 23 - Dec. 21
Something going on behind the scenes might be secretive today, or perhaps you will discover a secret. Whatever the case, things are mysterious and hidden.

Capricorn Dec. 22 - Jan. 20
It's easy to idealize a friend today or put someone up on a pedestal. In the long run, this generally leads to disappointment. Try to see others in realistic terms.

Aquarius Jan. 21 - Feb. 19
Someone in a position of power might feel sympathetic to you today and want to help you. Or perhaps you are the person who wants to help someone else.

Pisces Feb. 20 - March 20
Because your appreciation of beauty is heightened today, enjoy art galleries, museums, beautiful parks and gorgeous, architectural buildings. See the beauty in your world.

CONCEPTIS SUDOKU by Dave Green

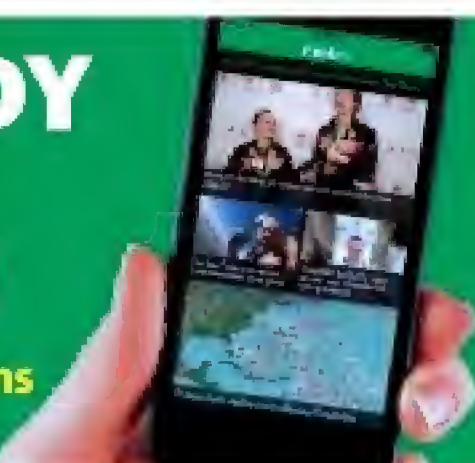
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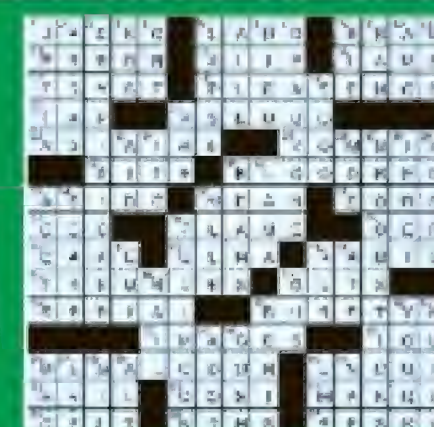


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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	8	9	1	6	7	4	5	3
4	6	1	8	3	5	2	7	9
3	7	5	4	9	2	8	1	6
7	5	2	3	1	6	9	8	4
6	4	8	2	5	9	7	3	1
1	9	3	7	8	4	6	2	5
8	2	6	5	4	1	3	9	7
9	1	7	6	2	3	5	4	8
5	3	4	9	7	8	1	6	2



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COMPLETE THE FOLLOWING CHECKLIST TO HELP
PREVENT CARBON MONOXIDE IN YOUR HOME.

- ☐ Fuel-burning appliances (furnace, hot water heater, fireplace, natural gas range, etc.) checked by a qualified technician regularly according to manufacturers' specifications.

Last inspection (date): _____

- ☐ Furnace filter checked monthly and replaced (if necessary).

Date last replaced: _____

- ☐ Indoor and outdoor vents and chimneys cleared of debris, snow and ice (if necessary).

- ☐ Area around fuel-burning appliances clutter-free.

- ☐ Flame of all natural gas appliances checked regularly (it should be blue).

- ☐ Adequate air supply (nearby window opened) when using a wood-burning fireplace.

- ☐ Vehicles never idled in garage, even with the overhead door open.

*Properly installed and maintained carbon monoxide
detectors will help to detect carbon monoxide.*

COMPLETE THE FOLLOWING CHECKLIST FOR
CARBON MONOXIDE **DETECTOR(S)** IN YOUR HOME.

- ☐ CO detector(s) installed and maintained according to manufacturers' instructions.

- ☐ Expiry date written on CO detector(s) with a marker.

Date of expiry: _____

- ☐ CO detector(s) battery replaced annually, if applicable.

- ☐ CO detector(s) vacuumed monthly.

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CO Awareness Week,
November 1 - 7, we are
encouraging Albertans to
get a carbon monoxide
detector for their home.